

Falafel Meal

Serves 12

Ingredients

FALAFEL

- 2 cup **uncooked & expanded Chickpeas**, (soaked 24 hours, drained, rinsed, and patted dry)
- 1 cup **Onion**
- 6 **Garlic Cloves**
- 2 tsp **Lemon Zest**
- Seasonings:
 - 2 tsp ground **Cumin**
 - 2 tsp ground **Coriander**
 - 2 tsp **Sea Salt**
 - ½ tsp **Cayenne**
- ½ tsp **Baking Powder**
- Herbs:
 - 2 cup fresh **Cilantro**
 - 2 cup fresh **Parsley**
- 2 tbsp **Olive Oil**, plus more for drizzling

RICE

- 2 ½ cups **Water**
- 2 cups **non-gmo Jasmine Rice**
- 2 tsp **Olive Oil**

SAUCE

- 1 cup **plant-based Yogurt**
- ¼ cup **Pickle Juice or Fresh Dill**
- Juice of 1 **Lemon**
- 1 tsp **Sea Salt**

VEGGIES

- *Serve with Fresh Tomato and Cucumber*

Instructions

XXX

1. Preheat the oven to 400°F and line a large baking sheet with parchment paper.
2. In a food processor, place the **chickpeas, onion, garlic, lemon zest, cumin, coriander, salt, cayenne, baking powder, cilantro, parsley, and olive oil**.
3. Pulse until well combined but not pureed. Use a spatula to scrape down the sides of the bowl as needed.
4. Use a 2-tablespoon scoop and your hands to form the mixture into 12 to 15 thick patties. If they're not holding together, give the mixture a few more pulses in the food processor.

5. Place the patties on the baking sheet. Drizzle generously with olive oil (this is the key to making these moist and crisp since we're not frying).
6. Bake for 14 minutes. Flip and bake for 10 to 12 minutes more or until golden brown and crisp on the outside. While **Falafel** patties are baking, prepare the **rice, sauce and veggies**.

RICE

1. Bring 2 ½ cups of **water** to boil.
2. Add **rice and olive oil**.
3. Reduce heat and simmer for 15 minutes
4. After 15 minutes, remove from heat and keep covered for at least 5 minutes.

SAUCE

1. Whisk together **Yogurt, Lemon, Pickle Juice & Sea Salt** until smooth and can drizzle.

VEGGIES

1. Chop/Slice **Tomato and Cucumber** and set aside until ready to serve.

SERVE & ENJOY! 😊

Recipe adapted from *Love and Lemons* with love from *Feel Better Living*

Find the video of this recipe and other videos about natural healing by visiting:

www.youtube.com/@feelbetterliving

Learn more about about our mission by visiting: www.feelbetterliving.com